# THE BRIDGE
## TO FREEDOM

**A Monthly Journal Devoted to Individual Unfoldment, Contact with The Great White Brotherhood and Cooperative World Service**

The Holy Grail from Which
all who are athirst may drink

*MAY, 1959*

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Vol. 8, No. 2 May, 1959

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# EDITORIAL

## MAY, MONTH OF ILLUMINATION

*To the Beloved Lord Himalaya and His Brotherhood at the Temple of the Blue Lotus:*

WE extend Our gratitude for opening His Sacred Shrine and Focus of Tranquility and Peace to the peoples of Earth at this time. Having, like the Beloved Maha Chohan, made innumerable attempts to reach this Retreat, physically, long before My Ascension, I know something of the Dispensation presently afforded the chelas through the loving intercession of the Maha Chohan at this time.

As the month of May is also dedicated to the Victory of the Ascension of Our Beloved Jesus, and the Ascended Master Saint Germain, the enlightenment of the New Lord of the World, Gautama, the Festival of the Wesak Valley, the Visitation of the Holy Spirit upon the confused but earnest disciples of Lord Jesus, the fashioning of the Sacred Hearts of the incoming children by the Beloved Mother Mary, there is a great upward surge of spiritual energies rising Heavenward. Wise is the chela who joins his energies with this Ascending Tide into a greater illumination of his outer consciousness and uses that illumination in a practical manner for the benefaction of this race. I SHALL EXPECT SUCH COOPERATION FROM EACH ONE IN WHOM WE HAVE INVESTED SO MUCH OF OUR LIFE ENERGIES!

This is *your* hour to shine—USE IT!

THOMAS PRINTZ, *Editor*



# OUR BELOVED HIMALAYA

Melody: "Love's Old Sweet Song"
Keynote of Himalaya Retreat.

ONCE in the ages, now beyond recall—
When o'er the Earth the mists began to fall—
Out of the Heavens came a sacred sight—
Lo! from God's Heart, a Messenger of Light!
To our dear Earth He poured His great Light Rays,
Holding love's balance in those darkening days.

Our Beloved Himalaya, hallowed be Your Name,
Raise our Earth in Victory—*for this Cause You came!*
Glory, laud and honor unto You belong,
Masters, men and Angels sing You Love's song,
We sing You love's old sweet song!

God of the Mountains bearing Your great Name,
Towering peaks now guard Your Wisdom's Flame;
Haven of Love's Blue Lotus, Your Retreat,
Radiant with power, knowing no defeat;
Guarded by snow and ice-laden crevasse,
Only the faithful through Your portals pass.

Dear Belov'd Himalaya, thank You for Your peace
Flooding o'er Earth's millions Cosmic Christ release.
Gracious is Your mercy; glorious is Your power!
Free Earth by Love's Victory, doubled each hour,
O double Love's Victory each hour!

Heart-friend of Love, (but known to such a few),
Let all that lives and breathes send Love to You!
Raise men's attention unto Your Great Height—
On that attention flows back all Your Light.
Earth now arises, free from human pain—
Lives in the sunshine of God's Love again.

Central Sun Eternal, all that is thereon—
Honor all Earth's Saviours—Sages come and gone!
Bless our dear Himalaya and His service true.
Gods of all the mountains—WE LOVE YOU TOO!

# The Ascended Masters Speak

On The Joy of Illumination and the practical service which can be rendered by such Illumination

* * *

As the reader will see, this month the Ascended Masters have not spoken in the order of the Rays, but in the chronological sequence of the Festivities of May, to ask for specific benefactions for mankind.

* * *

## *SAINT GERMAIN:*

*Saint Germain's Ascension, May 1*

"On May 1st, centuries ago I was enabled to attain the Victory of My Own Ascension through the kindly assistance of the Divine Beings Who had been My Gurus and Guides, as well as the so generous courtesy of certain unascended individuals who provided the place, in comparative privacy, for My passing through the gates of so-called "death" into the Ascension. There is always a sense of sadness in leaving the Earth, and the friends who have become dear to you, especially when you have been apprised of the Divine Design Which is yours to fulfill and Which, at that time, seems to you somewhat vague. Yet, the joy of the Ascension and the promise (yet to be fulfilled) by my friends of that day to help Me to bring Heaven to Earth gave ease to My Heart. Now, as Lord Himalaya opens His Retreat, I ask of Him the favor of allowing His Illumination Flame to blaze through the consciousness of those who promised Me to bring in the Permanent Golden Age. I know, as that is My one Wish, before the Blue Lotus, He will help Me!"



## *JESUS:*

*Jesus' Ascension, May 7th*

"Through the assistance of Lord Maitreya and My Beloved Mother, I was enabled to attain a public Ascension, not as a phenomenal expression, but as a Way toward a similar experience by all mankind.

"I ask Beloved Himalaya to enlighten the Christians throughout the world as to the purpose of My public Ascension and also to make them feel and know that it is not only a possibility but an eventual requirement for everyone of the peoples of the Earth."

## *LORD GAUTAMA:*

*Lord Gautama's Enlightenment, May 8th*

"On May 8th, after searching for Truth, I found full Illumination and Enlightenment. Beloved Himalaya helped Me in this sincere search. I was then enabled to return to the peoples of India and preach the doctrine of Enlightenment Which many, even in this present day, use as a measure of their Spiritual progress. I ask Beloved Himalaya to give to all leaders, Spiritual and secular, such Enlightenment on this Day!"

## *MAHA CHOHAN:*

*Pentecost (Whitsuntide) May 17th*

"The Feast, known as Whitsuntide or Pentecost, wherein I was enabled to assist mankind by bringing some of the actual radiation of the Master Jesus to His Disciples, giving them renewed faith and courage, is performed *daily* all over the world, according to the receptivity of the chela to receive this particular Grace. I ask Beloved Himalaya to illumine all peoples as to *what* that Grace is . . . the actual infusion of the powers of the "I AM" Presence into the Holy Christ Self for the benefaction and blessing of all imprisoned life everywhere."

## *LORD MAITREYA (NOW LORD BUDDHA)*

*Wesak Festival, May 22nd*

"As the earnest pilgrims from all over the world make their way toward the Wesak Valley, I ask that each one, following the Flame of his own heart shall know the Victory of attending this festival this year and none shall be denied. This is My request of Beloved Himalaya."

***MARY, Mother of Jesus***

*The entire month of May*

"As so many of the embodying Spirits enter the Sacred Heart Temple in May, and you, My children, have done so in the past, I ask from Lord Himalaya, that all the destructive karma of those individuals coming into embodiment, be dissolved by the Violet Transmuting Flame, and the new vehicles so lovingly prepared for them by the builders of Form shall be sound of mind and body."

* * *

## BELOVED HIMALAYA

DEEP in my heart is the remembrance of You,
Of Your Love and Your Teachings that I once knew,
Beloved Himalaya, Thou God of Great Might,
Blaze through me now all Your Love and Your Light;
Our hearts leap with joy just to know You are near,
We love You, we bless You, Himalaya dear,
Our Praise and our Graditude to You,
Beloved God—Thou Great Manu!

Blaze once again all the Power of Your Flame,
To Help us awaken mankind in Your Name,
To the Wisdom and Truth that You brought forth,
To bless and redeem all the people on Earth;
Oh grant to us now our one request,
That quickly all men be awakened and blessed,
And help each one to desire to be
Embodied Love—All Mastery!

We offer our minds and our hearts and our All,
We answer with joy once again Your Call,
Your Great Golden Flame let it cover the Earth,
Bringing It quickly to Its great new birth;
To help Saint Germain our new King Who has come
To blaze Violet Fire 'til Earth's Victory is won
Oh do whatever needs to be
To set our Earth completely Free!

CHARITY MASTERS



## TEMPLE OF THE BLUE LOTUS — WISDOM AND PEACE

The Ascended Master Retreat of the Month
(At the Himalaya Mountains)

**May 15th through June 14th, 1959**

THE Glorious Himalaya Mountains rise, like a frozen ocean toward the skies. Long has mankind, drawn by the magnetic Power of Pure Divine Love toward the Lord Himalaya, and His Court, sought true wisdom and illumination within the Himalaya Range. Lord Himalaya, Himself, the Embodiment of Wisdom and Illumination, is often sought, but seldom found, within the vast recesses of the Mountains which bear His Name. Like all of the Gods of the Mountains, He seeks to draw the chela *upward,* no matter what the vicissitude of the outer self, into His Very Presence. So many earnest pilgrims, seeking Truth, quaver and turn back from the journey toward the Mount of Attainment. Some, clutching onto the bare-faced rock which is the final ascent into His Presence, are also drawn backward through fear of bodily injury or fall from their precarious perch, when they are just on the *very brink* of the vast plateau wherein He has chosen to focus His Temple.

In countenance, Lord Himalaya embodies the dignity and the perfection of the Oriental peoples, of whom He is the Fourth Manu, remaining with the Earth until all of the Fourth Root Race and its sub-races are ascended and free.

*You can make a request*

For the pilgrims today, through the gift of projected consciousness, it is not necessary to make the long, arduous and extremely hazardous journey through the mountain passes of the Himalaya Mountains to visit Lord Himalaya and His Court. They can, in wisdom, literally project themselves there and, looking upon the Blue Lotus, have the opportunity—*not* afforded them before this gift of projected consciousness to make their heart wish in the Presence of the Blue Lotus and Lord Himalaya Himself. Of course, upon the *motive* behind such a request, which should always be of an impersonal nature, depends its fulfillment.

Many are the earnest and sincere chelas, embodied and disembodied who can testify to the fact that the physical ascent into the Ascended Master Retreat of Lord Himalaya is almost impossible and that the qualification for entering this Retreat is even more difficult to achieve. He, although a God of Love, is very exacting as to those whose motive for seeking out His Focus of Wisdom and Peace, are ready to use these gifts for the blessings of all imprisoned life everywhere.

He is naturally primarily concerned with the illumination and redemption of the Fourth Root Race and its sub-races, for as their Manu, He is truly a Prisoner of Love, until each and everyone of them fulfill their Divine Plan and then, in dignity, make the Ascension into greater and greater Light.

You, beloved ones, can help Lord Himalaya by making calls for the redemption of this Fourth Root Race, particularly during this thirty day period while His Retreat is opened to all mankind, who receive the benediction of His Presence and the blessings of the glowing Blue Lotus, even though they do not know that He or His Lotus Flame are in existence.

### *The Guardian of the Masculine Ray*

Lord Himalaya is also Guardian and Protector of the wealth of True Wisdom, written down by the sages of the past, and of the Masculine Ray Which, meeting the Feminine Ray of His Brother, God Meru (Whose Focus is near Lake Titicaca) in the center of the Earth, make a focus of love and thus create the Three-Fold Flame which is the actual cohesive power Which keeps the Earth as a solid orb. This is the permanent atom created and sustained by Himalaya and Meru for Love's sweet sake.

If you are fortunate enough to so enter the Presence of Lord Himalaya and look upon the Blue Lotus, consider yourself blessed indeed. If you qualify to enter His Retreat, your Spiritual Development is exceptional. Lord Buddha, Ananda, His Faithful Disciple, Kuthumi, and Other Ascended Members of the Spiritual Hierarchy (Who are now Ascended) have sat at the feet of this beloved God of the Mountains and gained there, the Wisdom and Illumination, which enabled them to fulfill Their missions amongst the peoples of Earth.



In this Cosmic Hour, the more faithful and worthy chelas who can and will enter His Retreat, will prepare themselves also for the task of teaching the masses the Truth of Life.

Like All of the Gods of the Mountains, Who sustain, protect and guard every continent on the Earth, Beloved Himalaya has chosen His Focus in a rather inaccessible place, to protect His Cosmic Service from the curious masses as well as the spiritual dilettantes who would never make the necessary physical endeavors to hazzard the almost inaccessible peak wherein His Focus is consciously maintained, through Love.

### *Lord Himalaya welcomes you*

During this thirty day period, if you can cognize in the outer consciousness, a pure Lotus in a clear pool of crystaline mountain waters, uncontaminated by human effluvia, you will receive some of the *feeling* of Peace which you will receive *daily* as you gaze upon the Glorious Cosmic Lotus of Lord Himalaya, breathing into It your love and receiving from It the permanent Tranquility of Spirit which all Spiritual seekers after Truth earnestly desire!

The beloved Himalaya welcomes you, each earnest seeker after Truth, into His Very Presence, where, after gazing in awe and rapture at the Shining Face of the Mountain Peak, you see It open, and His Serene Presence standing in the Doorway beckoning you into the courtyard and the outer Temple wherein His Blue Lotus in the particular chaste golden bowl rests, awaiting your visitation. Anyone with enough spiritual perseverence to have this great privilege will know from within their very beings a spiritual exhilaration of their lower vehicles, which is a permanent gift from beloved Himalaya.

The acceptance in the feelings of the chela of the invitation afforded to visit His Temple will greatly determine the blessings received.

### *Be a practical messenger*

As our gentle readers know, much of the Sacred Law and spiritual culture has been already transferred from Beloved Himalaya's Focus to that of His Brother, God Meru. Each student in the Occident during each visitation to Himalaya's

Focus, has opportunity now to continue to carry back with him into the Occidental world more of the spiritual wealth of the Orient into practical service, reverence for life, and usable understanding. This will greatly hasten the Cosmic Move of the Hour.

Come, rise with US NOW and be the guests of Beloved Himalaya, look upon the Blue Lotus, obtain His gifts of Serenity and Peace Eternal, and be a practical messenger from this Great God of the East here in the Western World wherein so much must be done, and quickly, to accelerate the Spiritual comprehension of the Western minds, so often filled with materialistic concepts rather than Spiritual ideas.

(Note, for further instruction on Beloved Himalaya's Retreat, please see "The Bridge to Freedom," Vol. 1, No. 2, Vol. 2, No. 12, Vol. 4, No. 11.)

* * *

## YOU ARE INVITED TO HIMALAYA'S RETREAT!

(Monthly letter to Transmission Flame Class of May 16, 1959)

Beloved Ones seeking true and lasting Peace:

IS it not significant that the official opening of the God Himalaya's Retreat is on the eve of My Feast Day (Pentecost)! I shall, of course, help you to make the Visitation to Himalaya's Retreat and you will carry back with you, not only His Peace, but a tiny replica of the Immortal Blue Lotus, in your dear Hearts. As an Oriental in ESSENCE, I can assure you that the privilege you now have of visiting His Temple of Peace and Tranquility is great. So many dear pilgrims, earnest in the extreme, endeavoring to make the physical pilgrimage thither, have been lost in the tremendous mountains which We know and love so well. One focus, that of the God Himalaya, has never been climbed by the average man, nor will it be, until such a man is proven worthy of such a visitation. Yet you each one, are carried easily, through projected consciousness into the Very Presence of this Lord of Wisdom and Peace!

It is worth your time and attention to make such a pilgrimage, I assure you! Once, centuries ago, before My Ascension, I made My way thither, but was not admitted by the Great One but rather returned among the rejected and distressed pilgrims



seeking the True Way to Godliness. While this dispensation is opened to you, through My humble endeavors, I do plead with you *not* to take so lightly these visitations but using every faculty of your thought, feeling and desire to be present, create the necessary aura that is required for your Sponsor to present you to Beloved Himalaya. Himalaya, strong and powerful, has chosen gentlemen from His Retreat to Sponsor you during this thirty day period. Be assured that a Sponsor from a God of the Mountains will be powerful yet, withal, loving in the extreme.

A spiritual dispensation is granted only when unascended beings are qualified and examined before the Karmic Board to benefit by It. Thus, the opening of the Ascended Masters' Retreats to you, My beloved, required some guarantee upon My part that you would truly *use* this dispensation of entering into the Ascended Master Retreats, enjoying the participation in the Cosmic Activities of the Hour, and, most important, using the Truth embued in your inner vehicles as well as your outer consciousness, to bless your fellowman.

Now, as a gift to Himalaya, let Us, you and I, help in the redemption of the Fourth Root Race, through the sublimation of their karma, and allow this Great God of the Himalaya Mountains to return HOME, carrying in the golden robes He wears, every member of that race. That is being practical! Yours, in love and in service too,

Love and Blessings

MAHA CHOHAN

* * *

The Statement for Transmission Class of May 16, 1959, is:

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|---|---|---|---|---|---|---|---|
| "I AM" | inbreathing | Himalaya's | peace, | tranquility, | mastery | and | Godliness |
| "I AM" | absorbing | Himalaya's | peace, | tranquility, | mastery | and | Godliness |
| "I AM" | expanding | Himalaya's | peace, | tranquility, | mastery | and | Godliness |
| "I AM" | projecting | Himalaya's | peace, | tranquility, | mastery | and | Godliness |

### THE HIERARCH, COLOR AND KEYNOTE

of this period of 30 days

Color of Flame: Gold; Musical Keynote: "Love's Old Sweet Song." Hierarch: Beloved Himalaya.

# THE BRIDGE TO FREEDOM

*A Monthly Journal*

KEYNOTE OF OUR SECOND SEVEN-YEAR CYCLE:

FREEDOM, PEACE, IMPERSONALITY, CO-OPERATION, EXPANSION

Vol. 8 May, 1959 No. 2


## HOW TO LEARN TO BE A BUDDHA

An Address by Beloved Himalaya

Contemplation of Truth brings Illumination; Illumination brings Peace; and Peace brings Mastery

BELOVED children, "I AM" told that you aspire to become BUDDHAS! I have come from the heart of India to bring to you an understanding of what Buddhahood requires and a way and means by which the earnest desires of your heart may become fact. It is My privilege in this great World Order to be the Teacher of those who will hold the Office of the Buddha upon the planet Earth, or other planets belonging to those other systems designated by Law; and therefore, as I speak with you I will give you some of the opportunities that have been Mine through the ages, and as I entertain your consciousnesses, I hope you will feel the pressure of My Presence, My Aura and My Peace that I give.

### *What is the atmosphere of the soul?*

The purpose of the evolution of a Buddha is to hold a spiritual aura around a planet long enough to nourish the souls of all evolving consciousnesses who are unfolding toward God-mastery in that scheme of evolution. The aura of the Buddha, Himself, becomes for the soul what the atmosphere of Earth and the forces of the elements are to the bodies and nature kingdom.



The very nourishment which sustains the soul's life and keeps a continuity of pulsation within it, is provided through the Living Presence of an Individualized Intelligence Who chooses to radiate through His own Heart Flame a sufficient intensity of love and light to stimulate the breathing of the Three-fold Flame within the heart of those in embodiment, and those belonging to the evolution awaiting incarnation. Without that aura and that stimulation, the Flame Itself would not pulsate.

Exactly as you draw breath into your physical bodies and expel it, so does the Flame which is your spiritual identity, draw in and expand in the pulsation, pressure and stimulus of the aura of the Buddha, Who upon completion of His service becomes in turn a Lord of the World.

You will see then, that the development of a world-engulfing aura which contains within it no element that would have an effect of discord upon the soul life, is the preparation for such a God-Intelligence to become the Light of a world as Sanat Kumara was. Throughout all the ages that have been, Buddhas have been provided for every new-born planet and in the everlasting arms of that One's Love the evolution has evolved, developed and matured. Finally, from within the evolution itself, candidates for Buddhahood have applied and those who were given the opportunity for such direction and instruction, were taught how to expand the sphere of influence and the quality of radiation.

### *"The Thousand Petal Lotus"*

Now, we will take the course of instruction of a potential Buddha, one who has responded to the magnetic pull, which is the only indication that ever goes forth from the heart of the great Himalayan range and which is a pull upon the soul light of those developed to a point where they can in time be of great service and radiating centers of the quality of Love. When such an one presents himself as a candidate, Those Who work with Me, primarily beloved Kuthumi and the Brothers of the Golden Robe, the nature of the *aura* is the first consideration; the aura, of course, is your energy which carries quality, color, tone, sound and form.

The aura is to be developed into a Sun, an expanding radiation carrying a particular quality of comfort, healing, light, illumination or peace; so that is the primal substance with which We work. The nature of the aura being examined, each candidate then is instructed in the ways and means of purifying the aura and then becoming master of the quality of energy, the color of the energy, the actual molded form of the energy that is drawn from his Holy Christ Self and externalized through him. He then begins to create what the East has called, "The Thousand Petal Lotus."

You who know the prayer of the East to the Jewel in the heart of the Lotus, know that it is the development of a concentrated aura which is not the master but the servant of the intelligence, which is being invoked within that prayer.

### *The duplication of the Causal Body*

The individual consciousness, and I point now to yourselves who have aspirations toward mastery, is shown that the priceless gift of Life, which IS the jewel in the heart of the Lotus, which is the pulsating Flame of Divinity, becomes the impetus for the development and unfoldment of those temples and talents, those qualities and expressions of the God-nature which it is the design of the Holy Christ Self of each one who externalized through him or through her.

As the attention enters deep into the heart of that Jewel, deep into the heart of that Flame, then the great Holy Christ Self drawing from the Causal Body of the individual, begins to develop the pattern of the life plan and the energies begin to take on a similar qualification and a similar color pattern to that of the Causal Body of the individual.

When the outpouring first comes from within the Retreat or the monastery, there is a distinct difference between the color, radiation and the position of the rays around the Causal Body and the auras around the physical form. The developed inner eye of the Master, of the Guru, immediately can see how much or how little is required to make the two wheels *exactly the same* —"as above so below!" And the individual contemplations which are given to the aspirant are for that exact purpose. The Guru looking on the Causal Body, seeing the design, listening to the keynote, sensing the fragrance of the life-flower which is in the



Causal Body, gives to the intellectual consciousness of the chela those exercises which enable him to create out of this chaotic aura an exact duplication of the Causal Body; and *these contemplations if faithfully followed,* cooperating with the rhythmic breathing in the stimulating aura of the Guru, will greatly hasten the evolution of the aspirant.

In the East the people have a natural understanding of the stimulation to the soul which is gained by proximity to the sanctified and as the flowers that would grow in your sunny windows exceed in bloom and fragrance those that are confined to the darker recesses of other rooms, so do the souls of the individuals who will avail themselves of the proximity of the sanctified will grow more rapidly in that stimulating and uplifting vibration.

### *The Aura of the Master*

This is why in the East the earnest and sincere are in constant pilgrimage, seeking the odor of sanctity, seeking the Presence of a Sanctified and Holy One. When the individual who is earnest and sincere, following the Flame of his Heart, finds his Master, sitting within that aura, this is what takes place: The aura of the Master, if he really be one even though unascended, is the duplication of his own Causal Body and all of the energies flowing within it are flowing constantly *upward,* for that Master is in a state of constant Listening Grace and constant contemplation even though his hands and his outer consciousness be engaged in the mundane activities of living. When the less developed enters within that aura, his fire-force is caught in the aspiring radiation of the Master and where it perhaps could not connect fully with his own Holy Christ Self without an impetus greater than his own, it is swept upward and he reaches heights of illumination, heights of aspiration and inspiration that he could not hope to attain within his own personal chaotic and whirling orbit.

The exact activity is true to a limited degree in the West, where individuals who enter great cathedrals or shrines find devotion rising within them of which they are not capable when they are within their own aura and world; because of the tremendous concentrated prayer force of men and women who have prayed and sung and offered adoration within those sanctified and

holy cathedrals. The individual takes advantage of that and rises upon the momentum of that prayer force into light. That is conveyed radiation and it is the activity which you in your individual world can now set into motion for others.

### *How to reach a Higher Sphere*

When you come into your groups and you join with the momentum which has been gathered through your forcefield, when the stronger vibratory action of your leader's energy directs your energy upward, you individually reach a higher sphere, a more sanctified state of thought and feeling than you could achieve alone; and on the return current of that from that sphere, there flows a greater blessing and radiation, peace, sanctity, faith and confidence into your world.

The rhythm of life is absolute—the rising of the crest, the very extreme tip which forms the maximum endeavor of the lifestream, enters a particular strata or sphere of sanctified energy, and back from that crest flows the blessing to the individual. He who has the capacity of rising higher, automatically draws around himself individuals who wish grace but have not yet the momentum to achieve that height and can take advantage of the aura of sanctity and the contemplated momentum of the developed, and joining their energies with the aspiring one they pierce into the higher heavens and the returning benediction blesses each a hundred fold, a thousand fold more than he or she would have within the confines of his own personal aura.

When the beloved one has developed that Jewel within the Heart of the Lotus and begun to exude the spiritual perfume, which I assure you comes to a point where it can be actually sensed by people in the outer world; when the tone of the aura is so harmonious that those who touch the hem of that spiritual garment find instant Peace, that individual is then ready to enter into the deeper aspects of the laws of invocation, and to magnetize greater powers from above. It is not the part of extreme wisdom to magnetize powers through lifestreams who are not yet balanced and controlled, because if you cannot handle the energies in your small world, how can you then handle the cosmic currents and tides that flow through interstellar space.



### *One hundred Free Buddhas*

The advantage We have in the East is this—that a man or woman requires only one garment, requires no particular roof over their heads, and just a very small amount of physical nourishment to pursue the Spiritual Path, and they are not constantly torn between the contemplative life of the mystic and the active life of the individual who has responsibilities and obligations in the world of Form. Therefore, in the East, when the individual stands before his Guru and his Causal Body is duplicated around his flesh form, even though it be very small, the outer reflection of the Causal Body—then that one is taught the power of magnetizing the gifts of the Causal Body or the gifts of the Master, and through that power of magnetizing the exquisite, blazing blessings, he becomes a little Sun and a channel into this maelstrom of motions in the mental, feeling, etheric and physical worlds that live for the most part in the psychic and astral realms in the atmosphere in which mankind move. These little Suns of Light, with their heart, their attention, contemplating Love and drawing from the Universal these qualities of Hope and Faith, are the salvation of the race! They look like beautiful Suns, or beautiful chandeliers in a dark room, and all over the planet Earth one day they will again come forth.

Through your application to the Great Karmic Board, several more, of these free Buddhas have offered to embody within this year Who *did not* have to take embodiment again. They have not yet received acquiescence but We feel very hopeful that They will. If They do, I certainly hope that My Presence here today will magnetize at least half of them into the Western Hemisphere and that there may be found individuals who will sense their Light and assist Them in their great and mighty service.

### *What happens when the Presence of the Ascended Master is drawn?*

I would like to speak to you upon your own evolution, beloved ones, you are so earnest and your Causal Bodies are so beautiful. Do you know what happens when you come within an aura which has been created for the express purpose of giving Cosmic benediction to a magnificent Hemisphere? Do you know what happns to you as an individual? I guess you have thought a

little about it but not enough—as soon as the Presence of the Ascended Master is drawn, as soon as the radiation begins to flow, the radiation begins to press through the funnel of the consciousness of those assembled, there occurs a growth and an expansion of all your vehicles; your Causal Body, which immediately receives all of the good that you do, expands tremendously in size and that is a permanent storehouse of qualified energy for you. Your Electronic Body glows more brilliantly because through It has come the stepped down currents from the Presence; your Holy Christ Self expands through you and is given more power and authority to act in your world; your inner bodies are developed, expanding and made of greater efficacy in the world plan, and that is fine. Your four lower bodies are also nourished and vitalized and will have more energy within them from this point forth forever.

Now this is Light, Life and Energy; It has entered your mental bodies; It has stirred there many, many, many Vibrations which have been dormant for centuries. It has entered your emotional world, stirring memories of happiness and of sorrow; it has brought into your emotional world great exhilaration through the drawing back of the veil and showing of the blessings to your beloved ones particularly, and those who are about to embody. It has stepped up the motion of the electrons in your physical bodies so rapidly that it is often difficult for you to maintain a calm, poised balance within them. This is good; it is the action of Life and of growth; it is, Spiritually speaking, your growing pains. But remember I would like to emphasize, and I feel I must speak to Beloved Kuthumi and ask that it be emphasized, that when you return into your own orbit, you will not have the stimulus of that concentrated aspiration which is the Ascended Master's Prayer Force, but you will have the added energy in your own world through which We are hoping you will radiate the blessings of the class to others.

### *Watch your reactions*

The rhythm of giving from the Ascended Masters is followed—the crest of the wave is followed by the slough—it is the rhythm of life, but the tendency of the outer self, when the high crest has broken and the individual finds himself anchored within his own aura, is to feel temporary disappointment and a sense of



loss. This is not true and when it is added to the consciousness, sometimes blocks the individual blessings that you as persons can bring to your community. When the apex of the outpouring is completed, it is the wisdom of your life to rest in action and draw that light and blessings into yourself, and give you a period of contemplation and retrospection in which you can go over again the Worded Instruction, make of It your own and move forward in balance a step higher on the pathway of Life.

You see "I AM" a Teacher of Teachers! "I AM" so used to the reaction of chelas and Gurus. I have seen those who have stood in the aura of Lord Gautama, The Lord of the World, and Who have experienced that magnificent ecstasy which He was able to give by the touch of His hand; I have seen them weep bitter tears when His beautiful Presence receded. Yet, for the moment, that they looked into that Light and saw the glory of Nirvana, they received a blessing and a privilege which will never make them again enter into the darkness that they knew before they saw Nirvana. It should have given them a stimulus and an aspiration to achieve that through their own energies.

### *The results of Contemplation*

In all kindness may I say this, you are Westerners—"I AM" the *Heart* of the East! Are you contemplating the instruction at the close of your class or does your mental body begin to whirl before you are out of the door? I stood listening to the beloved El Morya, to beloved Serapis, His instruction of releasing the light from within the atoms, and the beloved Gabriel in His instruction on the Resurrection; and I have been watching how much contemplation you have done. Now the reason I say this, beloved ones, is because you must digest the Spiritual Instruction, you must assimilate It and make It your own, grasp the opportunities while It is yours and hold It until It is your own. *Contemplation of Truth brings Illumination; Illumination brings Peace; and Peace brings Mastery!*

I have brought to you today My Peace; I have brought you a realization that your aura can be a stabilizing power in your home, in your community, in your nation, on the Planet Earth Itself.

On Lemuria, most of you were among the Temple Guards. We knew, before She was to sink, that the continent would go

down due to the entrance of the many laggard souls. We knew that if the masses went out in fear, which cataclysmic action brings, that the soul would be bound to a much lower sphere at inner levels, just as the animals that go out in fear in the stockyards are not at all as blessed as those that pass quietly in sleep in the shade of a tree at the close of their life.

It was decided among the Lords of Life that the great sacrifice would be made among the Temple Guards and, while the documents and the valuables from Lemuria would be taken by boat to places of safety by the High Priests of the Temple, that a certain Guard would remain, and as the Captain stands with his ship, they would stand in their various strategic locations—and as They sang with Their choirs, let the continent sink! And that is what was done!

*The origin of the song*
*"Should Auld Acquaintance be Forgot"*

Much of the Light was brought into China and Tibet and I was privileged and "I Am" privileged still to guard It. Much of It will be brought into your Western Hemisphere and much of It has already been brought and is stored at the Teton and Titicaca. Through the stabilization of one individual, which you have noticed many times in stampedes of crowds, that one person's energy saves many souls *if not bodies,* and they pass out in a state of Peace. It happened on the Titanic. It happened in many of your disasters of fires, but it happened cosmically on Lemuria! And the Song They sang, I will ask you to sing today as We close, most of you sang it then and mankind of Earth have brought it forth again today and have put very pathetic words to it—"Should Auld Acquaintance be Forgot." As the continent went down, *I* went with it; I chose to stay, but before it went I said that one far distant day, We will sing this song again and know Earth's Victory is won—*that is today!*

While the bodies of the people slept, while the night sky was blue—it was over and none had left their post, none had evinced fear of the Guardians, and all went in dignity. Remember this and build your aura for a happier day true, but one when many will require the Tranquility, the Balance, the Mastery and Peace of you who have been nourished to this Cosmic hour.

I thank you.

HIMALAYA



# THE CONTROLLED AND RHYTHMIC BREATH

(An Instruction by our Beloved Maha Chohan)

IF you want the Purification of Holy Amethyst Whom you have affirmed very vehemently and strongly is inside of you, breath in from your emotional, mental, etheric and physical bodies into the Presence of Holy Amethyst, anchored within your own Three-fold Flame, every bit of that substance which you have loosened through Astrea's activity of the Circle and Sword of Blue Flame.

Feel it transmuted there while it is within your body—qualify it as you hold the breath within the body with the Resurrection Flame and then release it rhythmically, giving each vehicle as much as you want it to have; *not as much as it wants to have.* There is a great difference there and this is one of the activities of becoming master rather than servant of your vehicles.

If you would practice this, in the first place it will slow up your breathing process, you will breathe more deeply instead of in those shallow surface breaths and you will live longer. . . . Now that may not be a promise that gives you any great joy! Do you know your breaths are counted? Do you know that if you use them up in short breaths as people do in the Western Hemisphere, you don't live so long? Do you know that those in the early activities of life mentioned in the Old Testament lived eight or nine hundred years because they had control of and used the slow and rhythmic breath—qualifying it—drawing it in—just five minutes at a time at first?

# TESTS AT LUXOR

AT Luxor the students are asked to find the source of the Nile. At their own discretion they either take the instruction literally and march up-land through the jungle, or plunge deep into their own hearts. In either case the tests are similar: endurance, one-pointedness and perseverance. Few men ever saw the source of the Nile because of the tremendous cataracts and impenetrable jungle which surround it, but those who have achieved this stupendous task receive remuneration at the end of their journey. Other students seeking the "source of the Nile" through inner striving meet with similar success and others with failure.

Another test which has come down through the ages is that of precipitation. Moses drew the Children of Israel into the desert and for forty years they wandered between Heaven and Earth and had to draw sustenance from the recesses of their own lifestreams.

At Luxor, the chela was placed in a steel room with no doors nor windows, no furniture and no food. Here he was faced with the necessity of using his knowledge and understanding to draw forth the sustenance for his body and the requirements of his daily needs by plumbing the depths of the authority that was within his own lifestream. In the outer world the same tests appear, the same initiations are brought forward; thus the soul is tested as to its strengths and weaknesses.

Healing is among the activities the initiate must draw forth from within his own life.

When all these examinations have been successfully achieved, the chela is master over the energy, vibration and substance of the physical world. He is, therefore, no longer bound to the school room of human experience and is graduated from the humanity of Earth into the Ascension.

SERAPIS BEY



# *Fraternally Yours—*

I wish to confirm my loyalty to the Ascended Masters and Their BRIDGE TO FREEDOM ACTIVITY, which has brought such joy and new awareness into my life and activity.

* * *

I have received a letter asking me to cooperate with a supposed "branch" of the BRIDGE ACTIVITY. I have replied that as I know that this Activity has no branches, I will remain with the Headquarters at Flourtown, Pa.

* * *

We wish to make it clear that WE LOVE THE BRIDGE TO FREEDOM ACTIVITY, and accept it gratefully as a part of the Ascended Master Activity of Beloved El Morya, Beloved Saint Germain and Beloved Maha Chohan and the Great Cosmic Beings Who sponsor and sustain It.

* * *

We shall through all eternity be most grateful for the privilege of belonging to THE BRIDGE TO FREEDOM under our Beloved El Morya and Beloved Maha Chohan and the Great Host of Ascended Masters.

* * *

You can count on our Group, of which I am the Director, to continue gratefully and loyally as a part of the Ascended Masters and THE BRIDGE TO FREEDOM ACTIVITY. Beloved El Morya, Maha Chohan, Saint Germain and many Others have given us so much, that the least we can do is to stand by THE BRIDGE.

* * *

I am a sincere and grateful student, so I will continue gratefully and loyally as a member of the BRIDGE ACTIVITY, through which I have received during the last seven years the wealth of the love and instruction of the Ascended Masters who sponsor and sustain it.

* * *

*The Editor says*: We are overjoyed beyond Our expectations at the enthusiastic response we are daily receiving from the Student Body. Every one of you are being daily blessed for your loyalty to the Light, the Ascended Host and THE BRIDGE ACTIVITY, and you will perceive this blessing in your homes and affairs. No ill wind shall ever touch this Structure, of which you are a part, because the Ascended Masters support and sustain It.

## HAVE YOU RENEWED YOUR SUBSCRIPTIONS?

April is the month of renewing your subscriptions to THE BRIDGE JOURNAL and to HOPE MAGAZINE. Have you renewed yours already?

Do you know that in the BRIDGE JOURNAL will appear this year unpublished Ascended Master Instruction, which up to now has been considered esoteric? Do you know that the forthcoming articles will deal with subjects of vital interest to you, to your happiness, to your spiritual unfoldment, to your physical well being, to your abundance of all good things that life offers you?

Do you know that one of the new features of HOPE MAGAZINE is a series of articles on THE HOLY BIBLE—Its Teachings and Symbols? Do you know that in the next issue will appear a most interesting article on "The Path to spiritual attainment: the three baptisms: the three religions: the three degrees of Christianity: Times and Seasons"?

Let us remind you that the subscription rates for THE BRIDGE JOURNAL are $4.00 yearly in U.S.A. and Canada, and $5.00 elsewhere; and those of HOPE MAGAZINE are (for 6 issues) $2.00 per year in U.S.A. and Canada, and $2.50 per year elsewhere. Address:

The Bridge to Freedom, Inc.
P.O. Box 5 Flourtown, Pa.

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## NEXT MONTH'S RETREAT—ADVANCE NOTICE

June 15 - July 14, 1959

The Temple of Precipitation, Rocky Mountains, U.S.A. Hierarchs: Lord Lanto and Beloved Confucius; Color of Flame: Chinese Green with a Golden Radiance; Musical Keynote: "O Thou Sublime Evening Star." Breathing Statement for the Transmission Class on June 20, 1959: "I AM inbreathing Confucius' grateful reverence for life everywhere."

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## FORTHCOMING ARTICLES IN JUNE 1959

* Personality — a barrier to Precipitation
* The Ascended Masters Speak on The Causal Body
* A Decree to tap the resources of your Causal Body
* Dedication of the New Chart, by The Maha Chohan
* The Law of Precipitation Revealed, by Paul, The Venetian